

Fitness Logbook

Member Name _____

Payroll # _____

Instructor/fitness facility representative must acknowledge each workout with date and signature.

Credit will only be issued for workouts completed during supervised hours.

#	Date	Fitness Facility Representative Signature	Workout Time		
				am	pm
1				am	pm
2				am	pm
3				am	pm
4				am	pm
5				am	pm
6				am	pm
7				am	pm
8				am	pm
9				am	pm
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25				am	pm
26				am	pm
27				am	pm
28				am	pm

#	Date	Fitness Facility Representative Signature	Workout Time			
29					am	pm
30					am	pm
31					am	pm
32					am	pm
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34					am	pm
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66					am	pm

#	Date	Fitness Facility Representative Signature	Workout Time			
67					am	pm
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